

# THANKSGIVING: EAT HEALTHY & STAY ON A BUDGET

Thanksgiving Break is approaching! While some students are going home for the break, other students are staying near campus during this time.

The holidays often prove to be a particularly challenging time when campus dining halls and cafes close their doors. Thankfully, there are many options near campus that will allow you to eat healthily and stretch your budgets.



**PLAN AHEAD.** Stock up on healthy foods that will require minimal prep time or can easily be microwaved if your access to cooking facilities will be limited. For advice on how to eat on a budget, see [uhs.berkeley.edu/whatseatingyou](https://uhs.berkeley.edu/whatseatingyou).

## CAL DINING HOURS

Thanksgiving Day, 11/22: Crossroads 3-6pm

Friday, 11/23: Crossroads, 11 am-3pm

Saturday, 11/24: Crossroads, 11am-3pm

Sunday, 11/25: Cafe 3, Clark Kerr, Foothill, 10:30-2:30pm & 5-8:30pm.

*Note: Only Crossroads and the Pro Shop will remain open during the Thanksgiving Break (Nov. 22-24). Cal Dining will resume regular services on Sunday 11/25 with all dining halls open at 5pm (Crossroads will also be open 10:30am-2:30pm). See full hours: [caldining.berkeley.edu](https://caldining.berkeley.edu)*

## LOW-COST GROCERY OPTIONS

**Trader Joe's: 1885 University Ave. OR 5727 College Ave.**

- Frozen food section recommendations: section includes stir-fry, tamales, lasagna, brown rice and mixed vegetables.

**Safeway: 1444 Shattuck Place OR 6310 College Ave.**

- Safeway is perfect for whole wheat loaves of bread, instant oatmeal, peanut butter and jelly, yogurt, lunch meat, canned tuna, cereal, milk and frozen vegetables that can be steamed in the microwave.

**Berkeley Student Food Collective, [foodcollective.org](https://foodcollective.org): 2440 Bancroft Way #102 (Across from Eshleman Hall)**

- The Berkeley Student Food Collective offers a great selection of reasonably priced local produce.

**The Dollar Tree: 2440 Shattuck Ave. (1 mile from campus)**

- The Dollar Tree is perfect for frozen fruits and veggies, canned tuna, instant rice, dried fruits and nuts, whole wheat bread, canned beans, instant oatmeal and trail mix.

**Berkeley Bowl: 2020 Oregon St. (1.3 mile from campus)**

- Although Berkeley Bowl carries items that are generally on the more expensive side, their produce sections is always stocked with low-cost fruits and veggies.

## LOW-COST EAT OUT MEALS

- Cheese N' Stuff: 2442 Durant Ave.
- Sam's Market: 2312 Telegraph Ave.
- Sheng Kee Bakery: 2307 Telegraph Ave.

## UC BERKELEY FOOD PANTRY

**#68 MLK Student Union (Basement)**

**Bring your Cal ID. [pantry.asuc.org](https://pantry.asuc.org)**

Thanksgiving Hours:

- Thanksgiving 11/22: 10am-1pm
- Friday, 11/23: 10am-1pm
- Sat/Sun 11/24-25: CLOSED

## FREE MEALS IN THE COMMUNITY

More information and locations are available online.

**Mon-Sat** Christ Church, partnering with Dorothy Day House 2138 Cedar St.

**Coffee** 6:30-7am,  
**Breakfast** 7-8am

**Mon-Fri** People's Park (Haste/Telegraph)

**Late Lunch** 3pm

**MWF** McGee Avenue Baptist Church  
1640 Stuart St. (at McGee)

**Lunch** 12-1pm

**Wednesday** Lutheran Church of the Cross,  
1744 University Ave. (at Grant)

**Spaghetti Dinner**  
3:30-5:30pm

### Thanksgiving Holiday dinners:

- Women's Daytime Drop in Center: Thanksgiving Community Meal on Tuesday, 11/20 at 11:30am. All are welcome. 2270 Acton.
- UC Berkeley Food Pantry: Community meal on Wednesday, 11/23. Doors at 2pm, food at 3pm. Berkeley Hillel, 2736 Bancroft.
- Lake Merrit United Methodist Church: Community meal on Thursday, 11/22 at 12pm.

## EMERGENCY FUNDS

Consider applying for a 60-day interest-free Emergency Loan before the deadline on **Friday, December 14, 2018**: [financialaid.berkeley.edu/short-term-emergency-loan](https://financialaid.berkeley.edu/short-term-emergency-loan)

You may also apply for additional food assistance through the Financial Aid Office. Submit an application for Additional Food

Assistance to the Financial Aid and Scholarships Office for consideration: [financialaid.berkeley.edu/food-assistance-program](https://financialaid.berkeley.edu/food-assistance-program)

For additional information, contact Tang Center's Social Services at (510) 642-6074 or Ruben Canedo (Centers for Educational Equity and Excellence (CE3) at [elias\\_canedo@berkeley.edu](mailto:elias_canedo@berkeley.edu)).